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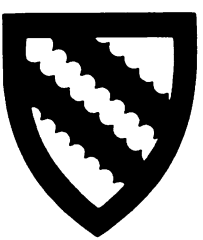

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MEATLESS AND WHEATLESS MENUS

BY EUGENE CHRISTIAN

EAT AND BE WELL

MEATLESS AND WHEATLESS MENUS

MEATLESS AND WHEATLESS MENUS

By

EUGENE CHRISTIAN

FOOD SCIENTIST

NEW YORK ALFRED A. KNOPF 1917

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PREFACE

Twenty-one years ago I abandoned the use of meat. All of my best and most useful work has been acomplished since then.

Meat is not only an unnecessary article of food, but in many cases is actually harmful.

Honorable R. Russell, in his great book "The Diet of Nations," shows that the greatest strength tests and athletic feats among all the tribes of the earth have been won by non-flesh eaters. He further shows that cancer and many other zymotic diseases follows the adoption of a meat diet, among vegetarian people.

In all of my books and scientific works, I have recommended a non-flesh diet with the exception now and then of a limited amount of fish and white meat of fowl and these have only been recommended where it was necessary to vary or increase the proteid factor of the diet.

When times are normal people and governments

are inclined to pursue lines of least resistance; that is, to continue practices and customs not because they are best but because of habit, but it is during abnormal periods that we do our best thinking. Now while we are at war and our National food supply is a factor in the struggle, the government admonishes us to use less meat as a patriotic duty.

My clinical experience for many years past in prescribing diet for both the sick and the well has convinced me that people could live just as well or perhaps better by reducing the consumption of wheat products and making up the deficiency from other grain and vegetable sources.

In all of my books I state that the American people eat too much bread, especially white wheat flour bread. In my "Encyclopedia of Diet" where nearly a thousand menus are laid out not one of them calls for white bread.

Both as breakfast cereal and bread products, corn is superior to wheat and rye is fully its equal. Therefore out of the chaos of war, which we all deplore, comes the good news that the government recommends the use of corn, oats and rye instead of wheat.

This recommendation is made for two reasons.

First because corn, oats and rye are as good as wheat.

Second as a patriotic duty.

I have long had in mind a book on "Wheatless and Meatless Menus," but the time to bring it out was not ripe until now.

Every menu in this book has been tested hundreds of times and appears here because it has proved its worth. These menus contain the requisite amount of protein and the requisite number of calories to meet all ordinary requirements.

Food economy is the "pass word" of the hour. Obviously the way to economize is to limit or omit the most expensive foods, especially where they are unnecessary or can be substituted by cheaper foods which are just as nutritious and equally as satisfying to the taste. As a practical demonstration of these theories I hand to the public this little book.

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MENUS FOR SPRING

BREAKFAST:

Very ripe banana with cream, dates and nuts
Oatmeal
Milk or chocolate

LUNCHEON:

Apple and celery salad
Bean soufflé
Beet tops en-casserole
Corn muffins
Steamed figs with cream

DINNER:

Turnip greens
Onions en-casserole
Creamed potatoes
Sliced tomatoes
Southern corn bread
Prune whip

MENUS FOR SPRING

BREAKFAST:

Baked banana
Hominy grits
Scrambled eggs
Rye bread
Chocolate

LUNCHEON:

Asparagus with grated cheese
Stuffed potato
Sliced tomatoes
Corn muffins

DINNER:

Cream of tomato
Salted almonds
Celery—ripe olives
Peas and carrots, en-casserole
Potato souffle
Romaine salad
Egg-custard

MENUS FOR SPRING

BREAKFAST:

Cherries
Oatmeal
Butter (2 chips)
Teaspoon of sugar
Chocolate

LUNCHEON:

Fresh asparagus
Baked potatoes
Butter
Sassafras tea
Corn muffins

DINNER:

Cream of asparagus
New peas
Turnips
Virginia spoon bread
Honey (very little)

MENUS FOR SPRING

BREAKFAST:

Russet (sweet) orange
Hominy grits
Malted milk
Grated nuts

LUNCHEON:

New peas
Dandelion
Egg bread
Nut butter
Rice pudding

DINNER:

Cream of pea
Rice Southern style
Brussel sprouts
Omelet rolled in grated nuts and cream
Nuts, steamed raisins
Cream cheese

MENUS FOR SPRING

BREAKFAST:

Baked sweet apple
Rye mush
Nut omelet
Sweet potato croquettes

LUNCHEON:

Vegetable soup
Cheese soufflé
Scotch Oat cake
Dates and nuts

DINNER:

Celery—ripe olives
Home baked beans
Creamed parsnips
Buttered beets
Corn muffins
Apple salad
Prune whip

MENUS FOR SPRING

BREAKFAST:

Soaked prunes
Pecan meats
Oatmeal and cream
Steamed poached egg
Parsnip cakes

LUNCHEON:

Vegetable salad
Corn muffins
Dates, nuts and cream cheese

DINNER:

Potato chowder
Stuffed celery—nuts
Vegetable roast with tomato sauce
Peas
Endive salad
Chocolate custard

MENUS FOR SPRING

BREAKFAST:

Prunes and raisins
soaked together, steamed and served hot
Whipped cream
Baked banana
Junket

LUNCHEON:

Bean soup
Sweet potato puree
Lettuce salad
Nuts, raisins, cheese

DINNER:

Cream of sweet potato soup
Carrots and peas en-casserole
Rice muffins
Honey
Nuts

MENUS FOR SPRING

BREAKFAST:

Evaporated peaches (soaked)
Oatmeal
Shirred eggs
Potato cakes
Milk or chocolate

LUNCHEON:

Beet tops, en-casserole
Baked onions
Corn bread
Buttermilk

DINNER:

Cream of corn and tomato
Peas and carrots en-casserole
Stuffed potato
Spinach
Cress salad
Steamed figs with
cream cheese

MENUS FOR SPRING

BREAKFAST:

Cherries or berries
Corn meal mush
Nut omelet
Rice cakes
Milk or chocolate

LUNCHEON:

Boiled cabbage
Baked potato
Buttered beets
Rye bread
Caramel custard

DINNER:

Cream of corn
Celery—ripe olives
Asparagus with grated cheese
New potatoes
Peas
Endive salad
Virginia spoon bread

MENUS FOR SPRING

BREAKFAST:

Stewed evaporated peaches
Flaked rye
Cream—teaspoon maple sugar
Egg with corn muffin

LUNCHEON:

Cream of rice
Nut roast with chili sauce
Whipped omelet
Peas
Sassafras tea

DINNER:

Barley soup
Nut patties or roast
Potatoes au gratin
Turnips
Corn bread
Fig pudding

MENUS FOR SPRING

BREAKFAST:

Banana very ripe
Cream—nut butter
Corn muffins
Fresh milk (2 glasses)

LUNCHEON:

Vegetable broth
Puree of vegetables
Potato au gratin
Bulgarian (sour) milk

DINNER:

Creole soup
Baked lentils
Potato croquettes
Asparagus
Cup-custard

MENUS FOR SPRING

BREAKFAST:

Baked sweet apple
Rye mush
Coddled egg
Potato cakes
Milk or chocolate

LUNCHEON:

Home baked beans
Tomato salad
Baked banana
Nuts and dates

DINNER:

Ripe olives
Vegetable and nut roast
Asparagus with grated cheese
Fruit salad
Marshmallow pudding

MENUS FOR SPRING

BREAKFAST:

Baked banana
Barley flakes
Steamed poached egg
Rice cakes

LUNCHEON:

Creamed eggs
Stuffed potatoes
Apple and celery salad
Rye bread and peanut butter

DINNER:

Cream of rice
Celery—nuts
Peas and carrots en-casserole
Potato soufflé
Dandelion
Romaine salad
Rice pudding

MENUS FOR SPRING

BREAKFAST:

Baked apple serve hot
with butter and a teaspoon of sugar
Rice or hominy grits
Maple syrup
Jaffee coffee

LUNCHEON:

Turnip soup
Peas en casserole
Corn muffins
Sour milk
Raisins, nuts, cheese

DINNER:

Cream of rice
Lima beans
Carrots en casserole
Spanish omelet
Rice cakes
Maple syrup

MENUS FOR SPRING

BREAKFAST:

Berries with grated nuts
Corn hominy
Whipped egg
Milk or chocolate

LUNCHEON:

Spinach
Baked onions
Sweet potato croquettes
Dates—nuts

DINNER:

Turnip greens
Cauliflower au gratin
Mashed potatoes
Sliced tomatoes
Buttered beets
Corn muffins
Chocolate custard

MENUS FOR SPRING

BREAKFAST:

Grape juice
Brown (natural) rice with butter—cream—maple sugar
Jaffee coffee

LUNCHEON:

Potato chowder
Corn pone
Peanut butter
Buttermilk
Cheese, raisins

DINNER:

Cream of barley
Peas
Turnips
Corn muffins
Cup-custard
Nuts, raisins
Cereal coffee

MENUS FOR SPRING

BREAKFAST:

Soaked prunes
Nut butter or almonds
Flaked rye (cooked as oatmeal)
Cream
Bulgarian (sour) milk, or buttermilk

LUNCHEON:

Potatoes au gratin
New peas
Egg-custard
Sassafras tea

DINNER:

Cream of tomato
Creamed sweet potatoes
Rice (Southern style)
Gelatine grape flavor

MENUS FOR SPRING

BREAKFAST:

Flaked barley cooked same as oatmeal
Butter
Hot malted milk
Corn gems

LUNCHEON:

Vegetable broth
Asparagus tips
Turnips
Corn hoe cake
Dates and nuts

DINNER:

Vegetable soup
Scotch oat cake
Peas and turnips
Rice muffins
Honey

MENUS FOR SPRING

BREAKFAST:

Cherries or raspberries
Rice with raisins and cream
Omelet—corn cakes
Chocolate or sassafras tea

LUNCHEON:

Creamed turnips
Brussel sprouts
Baked potatoes
Virginia spoon bread
Alligator pear salad
Dates—nut butter

DINNER:

Clam chowder
Uncooked carrots—ripe olives
Stuffed peppers
Mashed potatoes
Peas
Endive salad
Rye bread
Egg nog

MENUS FOR SPRING

BREAKFAST:

Dish of prunes
Rolled oats and cream
Steamed poached eggs
Rice cakes
Chocolate or milk

LUNCHEON:

Stuffed celery—ripe olives
Creamed eggs
Corn muffins
Peas
Carrots en casserole
Apple and nut salad
Prune whip

DINNER:

Black bean soup
Cauliflower au gratin
Creamed turnips
Stuffed potatoes
Buttered beets
Egg salad
Oat cake
Chocolate custard

MENUS FOR SPRING

BREAKFAST:

Very ripe banana
with whipped egg
Few dates and nut butter
Corn meal mush
Chocolate or milk

LUNCHEON:

Cream of corn soup
Celery—ripe olives
Asparagus with grated cheese and butter
Baked potato
Rye bread
Cream cheese—dates and nuts

DINNER:

Celery—nuts, ripe olives
Spinach en casserole
Stuffed potatoes
Creamed carrots
Virginia spoon bread
Endive or romaine salad
Egg nog

MENUS FOR SPRING

BREAKFAST:

Sweet orange
2 steamed poached eggs
Corn muffins
Prunes
Nuts
Chocolate

LUNCHEON:

Asparagus with grated cheese
Potatoes boiled
Peas
Nuts
Fruit salad
Malted milk

DINNER:

Cream of pea soup
Spinach en casserole
Home baked beans
Onions en casserole
Nuts
Apple and celery salad
Rye bread
Egg-custard

MENUS FOR SPRING

BREAKFAST:

One very ripe banana
with cream
Few dates and nuts
Corn hominy with butter
Cup of chocolate or glass of milk

LUNCHEON:

Stuffed potato with
poached egg
Spinach en casserole
Corn muffins and butter
Fruit gelatine

DINNER:

Cream of tomato soup
Uncooked carrots
Salted almonds—ripe olives
Vegetable roast with celery sauce
Asparagus with grated cheese and
butter
Cold slaw
Rye bread
Apple tapioca

MENUS FOR SPRING

BREAKFAST:

Baked apple
Steamed barley
Poached egg—corn cakes
Cup of chocolate

LUNCHEON:

Clam chowder
Steamed rice
Steamed figs with cream
Few nuts

DINNER:

Cream of potato soup
Olives—celery
Stuffed peppers
Carrots en casserole
Onions en casserole
Boston brown bread
Endive salad
Marshmallow pudding

MENUS FOR SPRING

BREAKFAST:

Baked banana
Nuts
Steamed rice with cream
Whipped egg
Cup of chocolate or sassafras tea

LUNCHEON:

Home baked beans
Tomato salad, mayonnaise dressing
Nuts
Cup of malted milk or chocolate

DINNER:

Celery—olives—nuts
Vegetable and nut roast
Parsnips en casserole
Egg salad with mayonnaise dressing
Virginia spoon bread
Ice cream

MENUS FOR SPRING

BREAKFAST:

Sweet cherries
Rolled oats and cream
Coddled egg
Fresh corn muffins
Chocolate

LUNCHEON:

Cream of celery
Ripe olives—nuts
Omelet souffle
Baked potato
Rye bread
Rennet custard

DINNER:

Cream of asparagus
Peas—stuffed egg plant
Potato souffle
Spinach
Corn muffins
Apple and water cress salad
Rice pudding

MENUS FOR SUMMER

BREAKFAST:

Berries
Pearl barley with dates
Whipped egg
Corn muffins

LUNCHEON:

Vegetable salad
Nuts—dates
Corn muffins
Ice cream

DINNER:

String beans
Candied sweet potatoes
Cauliflower in cream
Sliced tomatoes
Boston brown bread
Melon

MENUS FOR SUMMER

BREAKFAST:

Green gage plums
Hominy
2 soft boiled eggs
Rye bread toast
Milk or chocolate

LUNCHEON:

Fruit and nut salad
Peanut butter—rye bread
Boiled corn
Buttermilk
Dates and nuts

DINNER:

Honey dew melon
Lima beans
Corn en casserole
Spinach
Sliced tomatoes
Virginia spoon bread
Fig tapioca with whipped cream

MENUS FOR SUMMER

BREAKFAST:

Melon
Baked mush with maple syrup or butter
Coddled egg
Rye bread toast
Cereal coffee or milk

LUNCHEON:

Fruit and cream cheese salad
Dates and nuts
Boston brown bread
Watermelon

DINNER:

Ripe olives—uncooked carrots
Baked squash
Lima beans
Sweet potato souffle
Boiled corn
Apple and nut salad
Iced pears

MENUS FOR SUMMER

BREAKFAST:

Very ripe banana with
dates, nuts and cream
Rolled oats
Scrambled egg and
rye bread toast
Milk

LUNCHEON:

Boiled corn
Spinach
Sliced tomatoes
Southern corn pone
Gelatine

DINNER:

Cream of potato soup
Peas
Carrots en casserole
Stuffed tomatoes
Baked sweet potatoes
Boston brown bread
Romaine salad
Ice cream

MENUS FOR SUMMER

BREAKFAST:

Honey dew melon
Boiled rice with cream
Whipped egg
Rye bread toast
Milk

LUNCHEON:

String beans
Baked potatoes
Buttered beets
Southern corn bread
Iced peaches

DINNER:

Cream of tomato soup
Corn en casserole
Stuffed egg plant
Peas
Onion and cucumber salad
Corn muffins
Egg-custard

MENUS FOR SUMMER

BREAKFAST:

Berries or plums
Corn meal mush
Nut omelet
Rye bread and butter
Chocolate or milk

LUNCHEON:

Boston brown bread
Nuts—dates and cream cheese
Buttermilk (about 2 glasses)

DINNER:

Cream of pea soup
String beans
Baked squash
Mashed potatoes
Sliced tomatoes
Egg bread
Watermelon

MENUS FOR SUMMER

BREAKFAST:

Sweet peaches
Corn flakes
2 steamed poached eggs
Corn muffins

LUNCHEON:

Nuts and uncooked carrots
Baked sweet potatoes
Lima beans
Buttered beets
Sliced tomatoes
Buttermilk and corn bread

DINNER:

Cabbage en casserole
Boiled corn
Peas
Virginia spoon bread
Egg salad—nuts
Iced pears

MENUS FOR SUMMER

BREAKFAST:

Cantaloupe
Rolled oats
Coddled eggs
Fresh corn cakes
Milk

LUNCHEON:

Fresh boiled corn
String beans
Tomato salad with mayonnaise dressing
Rye bread and butter
Dates and nuts
Glass of buttermilk

DINNER:

Melon
Ripe olives and nuts
Spinach
Corn en casserole
Candied sweet potatoes
Baked squash
Sliced tomatoes
Boston brown bread
Sherbet

MENUS FOR SUMMER

BREAKFAST:

Sickel pears
Cream
Baked bananas
Whipped eggs
Dates and cream cheese

LUNCHEON:

Cream of corn
String beans
Summer sqash
Egg bread
Egg custard

DINNER:

Cream of celery
Rice cooked with spinach
Mashed potatoes
Figs with cream cheese

MENUS FOR SUMMER

BREAKFAST:

Melon
Corn flakes
Scrambled eggs
Corn hoe cake
Jaffee coffee

LUNCHEON:

Okra soup
Tender corn
Lettuce and tomato salad
Spoon bread

DINNER:

Vegetable soup
Lettuce and tomato salad
Home made mayonnaise
Corn
New peas
Sweet potato candied

MENUS FOR SUMMER

BREAKFAST:

Melon
Steamed rice with butter
or cream
Whipped egg
Milk

LUNCHEON:

Spinach
Stuffed potatoes
Buttered beets
Sliced tomatoes
Southern corn pone
Buttermilk

DINNER:

Vegetable soup
Ripe olives—uncooked carrots
Peas
Corn en casserole
Cucumber salad
Rye bread
Fruit gelatine

MENUS FOR SUMMER

BREAKFAST:

Peaches (very ripe)
Cream
Rice cakes
Hot malted milk

LUNCHEON:

Boston baked beans
Celery or romaine
Buttermilk
Corn hoe cake
Butter
English walnuts
Raisins

DINNER:

Cream of corn
Riced potatoes
String beans
Buttered beets
Date pudding
Whipped cream

MENUS FOR SUMMER

BREAKFAST:

Fresh apricots
Coddled eggs
Corn cakes
Honey

LUNCHEON:

Fresh corn en casserole
Pint milk
Steamed figs with whipped cream

DINNER:

Cream of okra
Steamed rice with currants
Summer squash
Sweet potato custard

MENUS FOR SUMMER

BREAKFAST:

Peaches with whipped egg
Barley flakes (cook as rolled oats)
Fresh corn cakes

LUNCHEON:

Lima beans
Boiled corn
Cheese souffle
Watermelon

DINNER:

Melon
Salted almonds
Uncooked carrots
Peas
Stuffed tomatoes
Sweet potato croquettes
Fruit gelatine

MENUS FOR SUMMER

BREAKFAST:

Berries or fresh apricots
with grated nuts
Whipped egg
Fresh corn cakes

LUNCHEON:

Brussel sprouts
Baked potato
Peas and carrots en casserole
Scotch oat cake
Egg nog (whipped egg and milk)

DINNER:

Cream of potato
Rice and spinach
Mashed potatoes
Lima beans
Sliced onions and tomatoes with
French dressing
Corn bread Southern style
Marshmallow pudding

MENUS FOR SUMMER

BREAKFAST:

Russet orange
Scotch oat cake
with steamed raisins
and unsalted butter
Junket unsweetened

LUNCHEON:

Vegetable soup
Sweet potato croquettes
Carrots en casserole
Prune whip

DINNER:

Cream of celery
Ripe olives
Salted almonds
Stuffed potato
Stuffed green peppers
Log cabin pudding

MENUS FOR SUMMER

BREAKFAST:

Peaches—cream
Brown rice
Pint of milk

LUNCHEON:

Tomato bisque
Rice biscuit
Head lettuce with
mayonnaise dressing
Lima beans
Cereal coffee

DINNER:

Asparagus soup
Spanish omelet
Parsnips creamed
Corn pudding
Nuts, raisins, cheese
Sassafras tea

MENUS FOR SUMMER

BREAKFAST:

Cantaloupe
Toasted corn flakes
Potato cakes
Yogurt or junket

LUNCHEON:

Cream of split pea
Creamed potatoes
Cauliflower au gratin
Corn gem
Cream of rice pudding

DINNER:

Creamed okra on
corn cakes
Buttered beets
New peas
Sweet potatoes grilled
Gelatine (pineapple)

MENUS FOR SUMMER

BREAKFAST:

Baked sweet apple,
cream
Fresh corn cakes
Poached egg
Milk

LUNCHEON:

Fresh corn
Lima beans
Lettuce, tomatoes, ripe olives
with mayonnaise dressing
Cantaloupe filled with
pineapple ice

DINNER:

Cream of fresh corn
Rice Carolina style
Vegetable oysters, buttered
Ice cream

MENUS FOR SUMMER

BREAKFAST:

Melon
Baked mush with
maple syrup
Milk

LUNCHEON:

Cauliflower or cabbage
Sweet potato croquettes
Virginia spoon bread
Fruit salad
Watermelon

DINNER:

Cream of pea soup
Salted almonds—ripe olives
Lima beans
Stuffed peppers
Fresh corn muffins
Sliced tomatoes
Apple tapioca

MENUS FOR SUMMER

BREAKFAST:

Fresh apricots or peaches
with grated nuts
Corn flakes
Coddled egg
Fresh corn cakes

LUNCHEON:

String beans
Boiled corn
Stuffed potatoes
Cucumber and tomato salad
Corn muffins

DINNER:

Cantaloupe
Stuffed tomatoes
Lima beans
Corn and sweet potato au gratin
Sliced tomatoes
Iced pears

MENUS FOR SUMMER

BREAKFAST:

Raspberries
Cream
Corn hominy
Butter
Jaffee coffee

LUNCHEON:

Eggs curried
Toasted rye bread
Buttermilk
Nuts, cheese, raisins

DINNER:

Vegetable oyster soup
Nut roast
Browned potatoes
Summer squash
Fig pudding

MENUS FOR SUMMER

BREAKFAST:

Bartlet pear, grated
with cream
Red bananas, dead ripe,
with dates and cream cheese
Milk

LUNCHEON:

Poached eggs on toast
Fried mush—maple syrup
Corn pudding

DINNER:

Cream of pea
Walnut roast, chili sauce
Beets—string beans
Corn hoe cake
Custard

MENUS FOR SUMMER

Breakfast:

Berries
Corn flakes
Nut omelet
Rye bread
Milk

Luncheon:

Peanut soup
Bean croquettes with
tomato sauce
Cauliflower au gratin
Corn muffins
Milk or chocolate

Dinner:

Cream of spinach
Salted almonds—ripe olives
Stuffed egg plant
Sweet potato croquettes
Boiled corn
Fruit salad
Ice cream

MENUS FOR FALL

BREAKFAST:

Baked sweet apple
Baked mush with maple syrup
Milk

LUNCHEON:

Cream of split pea
Stuffed potato
Creamed eggs
Tomato salad
Cream of rice pudding

DINNER:

Salted almonds
Ripe olives
Buttered cauliflower
Sweet potatoes and
corn au gratin
Apple and nut salad
Egg nog.

MENUS FOR FALL

BREAKFAST:

Malaga or Tokay grapes
Barley flakes
Rice patties
Nut omelet

LUNCHEON:

Home baked beans
Lettuce and tomato salad
Fig tapioca with whipped cream

DINNER:

Cream of chestnut
Celery—uncooked carrots
Ripe olives—nut butter
Sweet potatoes, *mashed*
lima beans
Spinach or turnip tops
Virginia spoon bread
Egg-custard

MENUS FOR FALL

BREAKFAST:

Melon
Corn flakes
Fish cakes
Bran gems
Cereal coffee

LUNCHEON:

Chicken broth
Corn meal dumplings
String beans or spinach
Raisins, nuts

DINNER:

Cream of pea
Duck, venison, game
Romaine salad
Spinach or turnip greens
Potato or corn meal gems
Dates with cheese and nuts

MENUS FOR FALL

BREAKFAST:

Evaporated peaches
Coddled eggs
French fried potato
Chocolate

LUNCHEON:

Vegetable or nut roast
Tomato sauce
Apple—celery salad
Corn bread
Buttermilk

DINNER:

Tomato bisque
Stuffed celery
Ripe olives
String beans
Beets
Creamed eggs
Cheese, nuts and dates

MENUS FOR FALL

BREAKFAST:

Melon or plums
Potato cakes
Coddled egg
Chocolate

LUNCHEON:

Black bean soup
Cabbage
Sliced tomatoes
Corn hoe cake
Figs and nuts

DINNER:

Potato chowder
Salted almonds
Celery
Stuffed peppers
Winter squash
Oat cake
Cheese
Nuts
Raisins

MENUS FOR FALL

BREAKFAST:

Prunes (10 or 12)
Peanut butter
Corn hominy (grits)
Cup of cocoa

LUNCHEON:

Baked lentils
Lettuce and tomato salad
Sassafras tea

DINNER:

Cream of pea
Chicken en casserole
Sweet potatoes
Egg bread (corn)

NOTE.—The prunes should be soaked over-night and cooked only one minute.

Sassafras tea is made from the bark of the red sassafras root, procurable at any drug store.

MENUS FOR FALL

BREAKFAST:

Buckwheat cakes
Honey (very little)
Pint of milk

LUNCHEON:

Baked potato
Poached eggs
Corn muffins
Rice pudding

DINNER:

Vegetable soup
Fish
Turnips or carrots
Southern corn hoe cake
Steamed figs with
cream cheese

MENUS FOR FALL

BREAKFAST:

Pear or grapes
Baked banana
2 whipped eggs
Corn cakes
Maple syrup (very little)

LUNCHEON:

Rice Southern style
with chicken gravy
Chicken Southern style
Parsnips

DINNER:

Cream of tomato, optional
Spanish omelet
Onions en casserole
Virginia spoon bread
Cup-custard

MENUS FOR FALL

BREAKFAST:

Prunes
Boiled rice with cream
Scrambled eggs
Rye bread toast
Milk or chocolate

LUNCHEON:

Nut omelet
Potatoes in cream
Parsnip cakes
Cheese and fruit salad
Apple soufflé

DINNER:

Turnip greens
Corn en casserole
Buttered beets
Onion and tomato salad
Corn muffins
Prune whip

MENUS FOR FALL

BREAKFAST:

Melon or grapes
Baked chestnuts and butter
Coddled eggs
Fresh corn fritters
Chocolate

LUNCHEON:

Barley and tomato soup
Kohl-rabi au gratin
Baked sweet potato
Corn muffins
Apple and celery salad
Nuts and dates

DINNER:

Cream of tomato
Ripe olives—nuts
Stuffed tomatoes
Mashed potatoes
Carrots en casserole
Cold slaw (without vinegar)
Rye bread
Prune whip

MENUS FOR FALL

BREAKFAST:

Baked banana
Hominy grits
Steam poached egg
on rye bread toast
Milk

LUNCHEON:

Spinach
Stuffed potato
Virginia spoon bread
Sliced tomatoes
Steamed figs with cream
Nuts

DINNER:

Black bean soup
White turnips mashed
Baked potato
Mushrooms au gratin
Lima beans
Beet salad
Corn bread Southern style
Egg-custard

MENUS FOR FALL

BREAKFAST:

Prunes
Nuts
Hominy with cream and sugar
Rye bread toast and chocolate

LUNCHEON:

Cream of potato soup
Apple, cheese and nut salad
Boston brown bread
Egg-custard

DINNER:

Bean soup
Ripe olives—nuts
String beans
Buttered beets
Mashed potatoes
Stuffed tomatoes
Egg salad
Southern corn bread
Steamed figs with cream

MENUS FOR FALL

BREAKFAST:

Sweet grapes
Corn flakes
Poached egg dropped in baked potato
Milk or chocolate

LUNCHEON:

Clam chowder
Vegetable salad
Boston brown bread
Dates and nuts

DINNER:

Cream of tomato
Olives—nuts
Vegetable and nut roast
with tomato sauce
Mashed turnips
Buttered beets
Romaine salad
Fruit gelatine

MENUS FOR FALL

BREAKFAST:

Baked sweet apple
Soft boiled egg
Corn cakes
Nuts

LUNCHEON:

Apple, cheese and nut salad
Creamed eggs
Baked potato
Fig tapioca with whipped cream
Chocolate

DINNER:

Melon
Ripe olives—nuts
Spinach
Boiled potatoes
Onions en casserole
Sliced tomatoes
Corn muffins
Apricot soufflé

MENUS FOR FALL

BREAKFAST:

Baked banana
Pearl barley with dates
Poached eggs
Corn fritters
Milk or chocolate

LUNCHEON:

Home baked beans
Boston brown bread
Sliced tomatoes
Nuts and dates

DINNER:

Cream of pea soup
Ripe olives—nuts
Vegetable roast with tomato sauce
Boiled corn
Rye bread—peanut butter
Romaine salad
Peach ice cream

MENUS FOR FALL

BREAKFAST:

Baked banana
Samp with butter or cream
and sugar
Nut omelet
Rye bread and butter

LUNCHEON:

Spinach
Stuffed potato
Virginia spoon bread
Milk—nuts and raisins

DINNER:

Cream of corn
Ripe olives—uncooked carrots
Mashed hubbard squash
Creamed brussel sprouts
Home baked beans
Celery and apple salad
Marshmallow pudding

MENUS FOR FALL

BREAKFAST:

Melon or baked banana
Corn-egg-bread
Prunes
Butter
Milk, sweet or sour

LUNCHEON:

Potato salad
Lettuce
Lima beans
Sweet potato
Butter
Cheese, raisins, nuts

DINNER:

Cream soup, bean or pea
Rye bread
Lettuce salad
Carrots, parsnips or squash
Corn or rice pudding, or egg custard

MENUS FOR FALL

BREAKFAST:

Cantaloupe or grapes
Sweet potato
Butter, oatmeal cracker
Nuts or peanut butter
Milk or an egg

NOTE.—Both the melon and grapes should be very ripe and sweet. Sweet potato should be baked or fried in butter. One glass of milk is sufficient.

LUNCHEON:

Vegetable soup
Corn hoe cakes
Butter
Cauliflower with grated cheese

NOTE.—A very light dessert such as egg-custard, rice pudding, gelatine or cup custard may be taken if something sweet is desired.

DINNER:

Cream of pea or corn soup
Baked lentils
Turnips or kohl-rabi

MENUS FOR FALL

BREAKFAST:

Very ripe banana
Corn muffin or buckwheat cakes
Egg or milk
Nuts or nut butter

LUNCHEON:

Cream soup
Baked beans
Spinach or cabbage

DINNER:

Bean soup
Onions en casserole
Spanish omelet
Raisins, nuts
Milk pudding

MENUS FOR FALL

BREAKFAST:

Corn meal mush
cooked over-night in a double boiler
Butter—cream

LUNCHEON:

Onions en casserole
Lima beans or corn
Rice pudding

DINNER:

Cream soup (potato or bean)
Spanish omelet
Creamed potatoes
Figs with cream cheese

MENUS FOR FALL

Breakfast 1:

Rye flakes
Butter and cream
A bowl of clabbered milk
with a sprinkle of sugar

Breakfast 2:

2 whole eggs very lightly cooked
Corn muffins
Figs with unsalted butter

Luncheon:

Peas, corn or lima beans
String beans or spinach
Lettuce and tomato salad

Dinner:

Boston baked beans
Lettuce or spinach
Potato or corn
Ripe olives, young uncooked carrots
Nuts

MENUS FOR FALL

BREAKFAST:

Cantaloupe, grapes or peaches
Oatmeal or rice
Sweet potato
Butter
A cup of chocolate or cocoa

A spoonful of wheat bran should be taken to counteract the constipating effects of chocolate or cocoa.

LUNCHEON:

Cream or vegetable soup
1 above-ground vegetable
1 below-ground vegetable
1 proteid, such as cheese, baked beans or lentils

DINNER:

Virginia spoon bread or rice
Squash or pumpkin
Corn or lima beans
Egg-custard

MENUS FOR FALL

BREAKFAST:

2 bananas (baked)
Prunes or raisins with nut butter
Corn hominy, oatmeal or farina

LUNCHEON:

Corn or potato
Lima or baked beans
Cabbage or cauliflower

DINNER:

Cream of corn
Omelet
Corn hoe cakes
Carrots or parsnips
Gelatine—cream

MENUS FOR FALL

BREAKFAST:

Grapes, plums or pears
Prunes with butter or olive oil
Flaked oats or rye
Nuts or nut butter

LUNCHEON:

Banana
Sweet fruit or grape juice
Nuts
Dates or figs

DINNER:

A salad
Nuts
Cereal
Butter or nut butter
Whipped eggs

NOTE.—The salad should be composed of lettuce, celery or romaine, and eaten with ripe olives and a little home made mayonnaise dressing. Young carrots or young turnips can be added if desired. Cereal, same as suggested for breakfast.

MENUS FOR FALL

BREAKFAST:

Melon or peaches
Bananas
Nut butter
1 glass of milk
5 or 6 figs eaten with butter

LUNCHEON:

Any of the selections given for breakfast, to which you may add a salad of lettuce, celery, tomatoes, ripe olives, grated nuts. With the salad could be used young carrots or turnips uncooked

DINNER:

Eggs whipped
Banana
Dates (5 or 6) with butter or cream cheese
Milk

NOTE.—Any sub-acid fruit such as pears, grapes, plums, sweet apple or very ripe peaches may be taken at the close of either the noon or evening meal.

MENUS FOR FALL

BREAKFAST:

3 egg whites, one yolk, lightly cooked
Large baked sweet potato
A good service of butter
Cup of chocolate or warm milk

LUNCHEON 1:

4 slices of rye bread, made into sandwiches filled with peanut and dairy butter, and minced hard-boiled egg
Pint of milk

LUNCHEON 2:

A pint of milk
Corn bread, with dairy butter and tablespoon of honey

DINNER:

Cream of tomato
Oatmeal wafers
Peas, beans or spinach
Corn, potato or lima beans
Egg-custard with dates

MENUS FOR WINTER

BREAKFAST:

Evaporated peaches
Banana (baked), cream
Boiled chestnuts, butter
Corn muffins
Cocoa

LUNCHEON:

Spaghetti, Italian style
Vegetable salad
Iced pears
Chocolate

DINNER:

Barley soup
Celery—ripe olives
Lye hominy—grated cheese
Omelet
Pineapple gelatine

MENUS FOR WINTER

BREAKFAST:

Hot steamed prunes
1 egg
Rye flakes
Cereal coffee

LUNCHEON:

Cream of pea
Boston brown bread
Egg-custard

DINNER:

Cream of tomato
Virginia spoon bread
Nut roast
Slaw with peanut butter
Nuts—raisins

MENUS FOR WINTER

BREAKFAST:

Apple with olive oil
Steamed figs with whipped cream
Banana with nut butter

LUNCHEON:

Lye hominy
Butter
Sugar house molasses

DINNER:

Cream of rice
Corn hoe cakes
Sauerkraut
Onions en casserole
Lettuce and tomato salad

MENUS FOR WINTER

BREAKFAST:

Orange
Soaked prunes
Banana very ripe
Cream 1 tablespoon
Nut butter 1 tablespoon
Pecans or almonds

LUNCHEON:

Rice Southern style
Sweet potatoes grilled
Cocoa or chocolate

DINNER:

Black bean soup
Southern corn bread
Carrots or turnips
Cornstarch pudding

MENUS FOR WINTER

BREAKFAST:

Stewed evaporated peaches or apricots
Red banana sliced and fried
2 eggs shirred or scrambled
Toasted corn bread

LUNCHEON:

Vegetable soup
Lyonnaise potatoes
Nut roast
Salad

DINNER:

Cream of corn
Crisp cabbage with nuts
Baked lentils or kidney beans with tomato sauce
Oat crackers with nut butter
Cup-custard

MENUS FOR WINTER

BREAKFAST:

Tangarine oranges
Barley, cooked over night, serve with butter or thin cream
Coddled eggs
Toasted hoe cake

LUNCHEON:

Baked or fried mush
Grape jelly
Salted almonds

DINNER:

Cream of celery
Young carrots, Ripe olives, Slaw } salad
Nut butter
Baked beans
Buttermilk
Corn bread

MENUS FOR WINTER

BREAKFAST:

Stewed evaporated pears
Sweet potatoes broiled in butter
or cocoanut oil
1 egg
Corn flakes
Sassafras tea

LUNCHEON:

Pint of buttermilk
Corn meal gems
Butter

DINNER:

Lettuce, celery or slaw
with nuts or oil
String beans or carrots
Baked potato
Rye bread
Gelatine or junket

MENUS FOR WINTER

BREAKFAST:

Oatmeal—butter—cream
1 glass of milk
1 egg
Corn muffin (1)

LUNCHEON:

Vegetable soup
Carrots and peas
Corn hoe cakes
Marshmallow pudding

DINNER:

Tomato bisque
Sweet potato
Squash or pumpkin stewed
Virginia spoon bread
Egg-custard

MENUS FOR WINTER

BREAKFAST:

2 or 3 glasses of milk
Corn muffins—butter

NOTE.—The milk should be luke warm and drunk slowly.

LUNCHEON:

Vegetable soup
Rice—Southern style
Sweet potato candied

DINNER:

Cream of pea
Protose
Corn dumplings
Turnips
Baked onions
Gelatine apricot flavor

MENUS FOR WINTER

BREAKFAST:

Grape fruit
Bananas or prunes
2 eggs whipped

LUNCHEON:

Potato soup
Corn meal mush—fried
Maple syrup—butter
Sassafras tea

DINNER:

Clabbered milk
Egg bread
Carrots and peas
Lyonnaise potatoes
Rice pudding

MENUS FOR WINTER

BREAKFAST:

Russet orange
Oat groats—cream
Butter, nut butter or nuts

LUNCHEON:

Vegetable broth
Baked sweet potato
Spanish omelet
Corn cakes
Cereal coffee

DINNER:

Turnip soup
Corn pone
Nut roast
Egg-custard
Cocoa

NOTE.—Oat groats are the whole oat grain cleansed ready for cooking. Vegetable broth is made from any kind of fresh vegetables chopped fine and boiled 15 minutes in an abundance of water. The water contains the dissolved mineral salts of the vegetables; seasoned to taste, this water makes a very nourishing and delicious broth.

MENUS FOR WINTER

BREAKFAST:

Steamed prunes
Hominy grits
Pint of milk

LUNCHEON:

Cream of corn
Rye bread
Buttermilk
Cheese raisins

DINNER:

Cream of celery
Nut roast (see recipe)
Stuffed potatoes
Winter squash
Steamed figs
Cream cheese

MENUS FOR WINTER

BREAKFAST:

Evaporated peaches stewed
Rice—milk
Butter

LUNCHEON:

Home baked beans
Boston brown bread
Eggs shirred

DINNER:

Cream of tomato
Nut omelet—see recipe
White potato
Cauliflower braised with cheese
Chocolate with whipped cream

MENUS FOR WINTER

BREAKFAST:

Baked apple with butter
Corn cakes, with butter and dates
Jaffee coffee

LUNCHEON:

Vegetable soup
Carrots or turnips
Corn hoe-cake, Southern style
Butter
Sassafras tea

DINNER:

Potato soup
Stewed pumpkin or
winter squash
Sweet potato
Corn bread
Nuts, cheese or raisins

MENUS FOR WINTER

BREAKFAST:

Apple with olive oil
Oatmeal
Butter
Steamed figs with peanut butter

LUNCHEON:

Turnip soup
Baked lentils
Egg bread
Rice pudding

DINNER:

Lettuce and celery salad
Ripe olives—nuts
Baked beans
Corn muffins
Egg-custard

MENUS FOR WINTER

BREAKFAST:

Baked banana
Cream
Corn meal mush
Pint of milk

LUNCHEON:

Cream of pea
Toasted oatmeal crackers
Rye bread
Cheese and raisins

DINNER:

Vegetable soup
Onions en casserole
Rice Southern style
Kohl-rabi or turnips
Prune whip

MENUS FOR WINTER

BREAKFAST:

Grapes
Coddled eggs
Southern hot water hoe cake
Cereal coffee

LUNCHEON:

Hot corn bread
Turnips
Butter
English walnuts
Chocolate

DINNER:

Potato chowder
Carrots en casserole
Sweet potatoes, Southern style
Corn muffins
Apricot, gelatine

MENUS FOR WINTER

BREAKFAST:

Grape juice, ½ glass
Banana very ripe
Peanut butter
Corn flakes
Chocolate

LUNCHEON:

Vegetable broth
Brussel sprouts or cabbage
Nut roast
Sassafras tea

DINNER:

Cream soup
Carrots uncooked with nut butter
Corn or lima beans
Baked sweet potato
Cup-custard

MENUS FOR WINTER

BREAKFAST:

2 red bananas very ripe
Cream and nut butter
1 egg
Corn muffin
Cocoa

LUNCHEON:

Baked lentils
Bermuda onions en casserole
Creamed potato

DINNER:

Bean soup
Oatmeal crackers
Nut roast and jelly
Salad
Junket

MENUS FOR WINTER

BREAKFAST:

Prunes
Rice or barley and cream
Glass of milk or 1 egg
Oatmeal cracker

LUNCHEON:

Cream of rice
Carrots or parsnips
Cup of junket or
clabbered milk

DINNER:

Turnip soup
Turnips or squash
Parsnips or carrots
Nut omelet and toasted
corn cake

MENUS FOR WINTER

BREAKFAST:

3 corn muffins
3 glasses of milk
1 chip of butter

LUNCHEON:

Baked potato
1 chip of butter
3 or 4 glasses of milk

DINNER:

Rye bread—butter
Milk, 3 or 4 glasses

This menu is especially recommended for gaining weight, and anemia. If there is a tendency toward constipation a tablespoon of wheat bran should be taken with each meal.

Milk should predominate the bread, and potatoes should be eaten in moderate quantities.

An extra glass of milk may be taken between meals if desired.

MENUS FOR WINTER

BREAKFAST:

Oatmeal, liberal portion
Butter
A glass of rich milk

LUNCHEON:

Stewed celery
or asparagus tips
Dried pea pureé
Mashed potato
Buttermilk

DINNER:

Cream of tomato
Rye bread croutons
Lima beans
Lyonnaise potatoes
Southern corn bread
Prune whip

MENUS FOR WINTER

BREAKFAST:

Bananas (2)
Cream (two tablespoons)
Steamed figs (8 or 10)
Unsalted butter, 1 chip

LUNCHEON:

Virginia spoon bread
Hot malted milk or buttermilk
Butter

DINNER:

Potato soup
Cabbage or sauerkraut
Corn bread
Steamed raisins with cream cheese

MENUS FOR WINTER

BREAKFAST:

Baked apple
sprinkle of sugar
Fried mush
Nut butter
Maple syrup

LUNCHEON:

Cream of barley
Rice Southern style
Winter squash
Endive salad
Sweet potato candied

DINNER:

Cream of corn
Celery, nuts, ripe olives
Nut roast
String beans
Egg-custard

MENUS FOR WINTER

BREAKFAST:

Tokay grapes
Flaked rye—cooked over night
Butter and cream
Teaspoon of sugar
Nut omelet
Corn cakes

LUNCHEON:

Buttermilk
Butter
Hot Southern corn bread
Alligator pear salad
Mayonnaise dressing

DINNER:

Cream of pea
Cauliflower en casserole, served with
grated parmesan cheese
Virginia spoon bread
Marshmallow pudding

HELPFUL HINTS

UNUSUAL RECIPES

FOOD VALUES and

FOOD COMBINATIONS

HELPFUL HINTS

TO PREPARE EVAPORATED FRUITS

Prunes, peaches and apricots should be soaked over night in warm water (*not cooked*). To render them sterile they may be allowed to come to a boil for 3 minutes just before serving. They should be served hot with butter, whipped cream or cream cheese.

TO PREPARE FIGS, DATES AND RAISINS

Figs, dates, raisins and currants can be made entirely sterile and very delicious by steaming them 20 to 30 minutes, serving *hot* with nuts, nut butter, cream, cream cheese or dairy butter.

TO PREPARE FIGS, DATES AND RAISINS

In selecting fruit the large full grown varieties should be chosen. This is especially necessary in selecting bananas, oranges, pineapple or any class of fruit that is shipped from the south and ripens while in transit or in storage.

Immature fruit may ripen in storage or under

artificial heat but it will not possess its natural properties or flavor, while the large, fully developed fruit, though ripened artificially, having secured its growth on the parent tree or stalk will in many cases be rich both in flavor and nutrient properties.

MONOTONY OF THE DIET

Everyone should make radical changes in the diet now and then.

Eating the same things or the same general group of foods every day is wrong.

We may change vegetables, cereals, breads and meats but this is not sufficient. Everything made from corn, wheat, rye, rice, oats and barley are in the cereal class, and therefore about the same in effect, nearly all vegetables are in the same general group, all meats, milk and eggs are proteids, hence about the same. One may be eating slightly too much bread or cereal, just a little too much each day. These errors are cumulative and the time will come when they will make trouble and so it is with all the standard groups of food.

We can eat one thing so long (especially if we eat too much of it), that we will form the habit—then the system will demand this particular thing

—this is appetite,—not hunger, it is the same tyrant that demands coffee, tea, liquor, tobacco and morphine.

When we find ourselves craving one particular thing or craving all foods, a sort of unsatisfied appetite, then the quantity should be reduced and the diet radically changed.

CASSEROLE AND FIRELESS COOKING

Casserole and fireless are the ideal systems of cooking.

Vegetables and meats are rich in mineral salts. The process of cooking dissolves these vital food elements and when the water in which they are cooked is poured off as in the old system of cooking these rich health giving salts are lost and the food is robbed not only of its rich natural taste but of its richest elements of nourishment. All meats and vegetables should be cooked either in a casserole dish or a fireless cooker. All seasoning and the requisite amount of water should be added and they should be cooked down slowly until they are ready to serve.

Considerable evaporation of water will take place in the casserole dish, while very little will take place in the fireless cooker therefore it may be

necessary to add water now and then to the casserole which is not necessary in fireless cookery.

Food cooked by these methods is really cooked in their own juices, they become very tender, soluble and digestible and are much richer in both taste and nourishment than when cooked the old way.

UNCOOKED FOOD

Every meal should consist of some uncooked food, the more the better.

Coarse uncooked food was man's primitive diet. Civilization has taken all of the coarseness (celulose) out of his diet. It has made the mill and the fire do what the teeth were intended to do. Civilized man is too busy and too nervous to chew. This is all done for him before his food comes to the table, all he has to do is to open his mouth and pour in the prepared provender. The result of this is that the teeth are gradually disappearing, from sheer disuse.

Uncooked foods give to the body their natural unchanged elements of nourishment.

When natural hunger declines and the body is surfeited and seems to call for a change the following meals will produce natural hunger, stimu-

late the flow of all the digestive solvents, stimulate both stomach and intestinal action and produce a good effect generally.

BREAKFAST:

Grapes, melon, pears, peaches or prunes—choice
Banana, *very ripe*, with nuts, nut butter, cream, cream cheese, choice of two
Whipped eggs or junket
Tablespoon of clean wheat bran

LUNCHEON:

Corn bread—nut butter
Buttermilk

DINNER:

Lettuce, celery, romaine or endive
Young carrots or turnips—uncooked
Ripe olives, Bermuda onion
Nuts, nut butter, cheese
Figs, dates, raisins, prunes
Banana
Milk, whipped egg or junket

While all the articles composing these meals are in chemical harmony and all of them *can be* eaten at

the same meal, yet it is advisable to select a few things and make the repast upon them, for example,

Carrots
Nut butter
Figs
Banana
and Cheese

make an excellent well balanced meal.

HOW TO COOK CEREAL

Cereal should be cooked direct for one hour, then placed in a double boiler and cooked from six to eight hours, preferably simmered over night. A supply sufficient for two or three days may be cooked and kept constantly simmering, adding enough water from time to time to prevent drying out: the last that is served, will be the best.

SASSAFRAS TEA

A delicious beverage can be made from the red sassafras root or bark of the root, which can be procured at any drug store. This bark or root is macerated and brewed as ordinary tea. It can be taken with cream or sugar. The sassafras root contains a limited amount of essential oil and is a very mild stimulant. It is much superior to tea or coffee.

RYE FLAKES

Flaked rye is a very delicious and nourishing form of cereal. It is prepared the same as oat meal. The "Old Gristmill" brand prepared by

Potter & Wrightington of Boston, Mass., can be highly recommended.

JAFFEE

(An excellent substitute for Coffee)

Jaffee is an excellent substitute for coffee. It is made of fruits and grain. The sugar in the fruit is changed into caramel by the action of heat. This makes the fruit-sugar into a very soluble and readily digestible form—much better than refined sugar. It is made by the Beech-Nut Packing Co. and can be procured at most all high-class grocery stores.

UNCOOKED EGGS

Whipped Eggs make an excellent sauce for fruit, especially bananas when prepared as follows: To each egg, add a rounding teaspoonful of sugar, whip 4 or 5 minutes with a rotary beater, add a teaspoonful of lemon juice, whip again, until stiff.

UNCOOKED CARROTS AND TURNIPS

Tender carrots and turnips should be eaten uncooked either with a salad or as a relish. They are very delicious and nourishing eaten with nuts or nut butter.

A FEW UNUSUAL RECIPES

BARLEY

Pearled Barley makes a delicious cereal when thoroughly cooked. It can be cooked direct as an ordinary cereal, then simmered several hours in a double boiler, the longer the better.

NUT OMELET

Whip eggs and while cooking sprinkle with grated nuts. Roll and when ready to serve sprinkle grated nuts over the top. Garnish with parsley. Parmesan cheese can be used instead of nuts if desired.

BAKED BANANAS

Select large very ripe bananas, peel and bake fifteen or twenty minutes until a nice brown.

Serve hot, with sweet butter or heavy cream.

EGG NOG

1 egg
⅔ cup of milk
1 teaspoon of sugar
1 tablespoon of brandy or vanilla

Add the sugar to the egg and whip with rotary egg beater until very stiff. Then whip in, very

slowly, the brandy or vanilla, as desired, and last, add milk gradually, a few drops at a time, while constantly whipping.

Serve immediately after making.

CREAMED EGGS

Whip thoroughly three or four egg-whites, adding slowly a cup of cream. Slightly flavor with nutmeg or vanilla. This makes a delicious sauce to use over any kind of crushed sweet fruits or berries.

POTATO SOUFFLE

5 potatoes
1 teaspoon salt
1 saltspoon pepper
1 tablespoon butter
2 cups milk
3 egg whites
1 teaspoon grated onion

Boil potatoes until just done. Put through a sieve or ricer and add all the seasoning, beat until perfectly smooth. The last thing fold in the stiffly beaten whites and pile on a baking dish.

Sprinkle grated Parmesan cheese over the top and brown.

MAYONNAISE SALAD DRESSING

Break two egg yolks into a soup plate, add a pinch of salt and a dash of red pepper. Beat all (rotary motion) with fork and when it begins to thicken, add two teaspoons of lemon juice and half a pint or more of olive oil adding drop by drop; alternating the lemon juice and oil, beat constantly until thick and creamy. If placed in a covered glass jar in refrigerator, it will keep several days.

There is very little danger of curdling if the eggs are strictly fresh and oil added slowly.

CORN ROAST

1 cup of stewed corn
2 teaspoons of grated onion
1 tablespoon of grated nuts
1 teaspoon of sugar
1 cup of milk or cream mixed
2 eggs
1½ cups toasted bread crumbs
Pepper or paprika

Beat the eggs and add milk and cream, corn, salt and pepper, sugar, bread crumbs and nuts. Mix well and let stand ten or fifteen minutes, then bake in a well oiled pan thirty-five or forty minutes.

CELERY AND NUT ROAST

1 tablespoon of salt
2 tablespoons grated onion
2 tablespoons of butter
1 tablespoon grated cheese
1¼ cups toasted bread crumbs
1½ cups strained tomato
¾ cup grated or chopped nuts
1 cup of celery chopped fine

Add all ingredients to the strained tomato; mix well and last add the stiffly beaten eggs.

Bake in a well oiled tin about thirty-five or forty minutes.

Serve with cream or parsley sauce.

MARSHMALLOW PUDDING

Beat four egg whites to a stiff froth. Dissolve one rounded tablespoonful of powdered gelatine in half cup of boiling water; then add half cup of cold water. When cool, beat slowly into the egg whites, and whip in a scant cup of granulated sugar. Add flavoring, or a few fresh or soaked evaporated apricots mashed to a pulp. Stir until mixture hardens. Serve with whipped cream.

CORN EN CASSEROLE

6 or 8 ears of corn
1 teaspoon of salt
1½ cups of milk
1 tablespoon sugar
2 tablespoons butter

Cut through the center of each row of grains and scrape the pulp out with a dull knife. To this add the sugar, salt and milk. Put all in casserole dish and bake in a pan of hot water, in a quick oven forty-five or fifty minutes.

Serve in casserole dish.

TO USE COLD BOILED CORN

Corn left over from a preceding meal can be cut from the cob, put in a casserole dish. Season with pepper, salt, butter and a bit of sugar.

Partly cover with milk and bake fifteen or twenty minutes.

SOAKED FIGS

Select large pulled figs and place in a deep vessel. Cover with hot water and allow to stand six or eight hours or over night. Remove the water and boil it down to a thin syrup. Pour this over the figs again and serve with cream.

BREAD

RYE BREAD

2 cups of rye flour
2 cups of warm water
1½ teaspoons of salt
½ yeast cake
¼ cup of warm milk
1 tablespoon of sugar

Dissolve the yeast in the warm water. Mix two cups of rye flour, salt and sugar thoroughly. Add to this the dissolved yeast and water and then the milk. Beat well with wooden spoon and set to rise in a warm place for one and one half or two hours. After it has risen sufficiently, add rye flour enough to make a stiff dough. Beat this for ten or twelve minutes and let rise about two hours more. Then knead and place in a well oiled bread pan and allow to rise again. Brush over the top quickly with warm water and bake in a moderately hot oven for one hour.

A few caraway seeds may be added if desired.

VIRGINIA SPOON BREAD

(Unleavened)

1 cup coarse white corn meal
2 tablespoons butter
2 cups milk
1 teaspoon salt
3 eggs

Add corn meal to milk and bring to a boiling point, constantly stirring until it is a smooth mush. Remove from the fire, cool, and add the salt, the beaten yolks, then the melted butter. Mix thoroughly and fold in the stiffly beaten whites.

Bake in a quick oven. Serve in dish baked in.

STEAMED CORNBREAD

1 tablespoon of butter
1 egg stiffly beaten
2¾ cups of sour milk
4 cups of coarse white cornmeal
½ teaspoon of salt
2 tablespoons of sugar
¾ cup of white flour
1 teaspoon of baking powder

Dissolve soda in the sour milk. To this add the salt, sugar, flour and cornmeal which have been well mixed together. Then stir in the melted but-

ter and lastly add the stiffly beaten egg. Steam two hours or more, then brown in oven.

CORN MEAL MUFFINS (Unleavened)

2 cups coarse white corn meal
1 tablespoon melted butter
2 cups sweet milk
1 teaspoon salt
2 eggs

Add corn meal and salt to cold milk and bring to a boil, constantly stirring until it is a smooth mush. Remove from the fire and cool. Then add the stiffly beaten yolks and melted butter. Beat vigorously three or four minutes, then fold in the beaten whites and bake in small muffin rings in quick oven fifteen or twenty minutes.

SOUTHERN CORN PONE

2 cups of sour milk
½ teaspoon of salt
½ level teaspoon baking powder
1 tablespoon melted butter
2 cups of coarse white corn meal

Mix salt and meal. Add melted butter. Dissolve soda in sour milk and mix with the meal. This will make a stiff batter. Make small oblong

"pones" about half an inch thick and place on well oiled pan.

Bake about thirty minutes in a moderate oven until brown.

HOT WATER HOECAKE

SOUTHERN STYLE

1 cup coarse white corn meal
1 cup boiling water
½ teaspoon salt

Add the salt to the meal, then stir in enough boiling water to make a thick batter. Drop from spoon on hot oiled griddle and brown both sides; cakes should be about one quarter inch thick.

OATMEAL CAKES

(Unleavened)

2 cups steel cut oat meal
1 cup rye flour
2 or 3 tablespoons butter
½ teaspoon salt
½ and ¾ cups cold water

Mix flour, oat meal, salt and butter thoroughly. Add to this enough cold water to make a stiff dough.

Knead well and roll into very thin cakes. Bake in a moderately hot oven until brown.

OATMEAL BREAD

3 cups cooked oatmeal (thick)
1 tablespoon of salt
1½ cakes compressed yeast
3 tablespoons of butter
2½ tablespoons of sugar
¾ cup of lukewarm water
5 to 6 cups of rye flour

Put the cooked oatmeal into a mixing bowl, add the sugar, salt and fat. Mix the yeast cake with the luke-warm water, add it to the other materials and stir in the flour until the dough will not stick to the sides of the bowl. Knead until elastic, ten to fifteen minutes, moisten the top of the dough with a little water to prevent a hard crust forming, and set to rise in a warm place. When double its bulk, cut down from the sides of the bowl, knead again for a few minutes. Divide the dough into three portions, shape into loaves and put into slightly oiled pans. Let rise to double their bulk and bake in a moderate oven for about an hour.

This will make three medium-sized loaves.

PARSNIP CAKES

Add to mashed parsnips a spoonful or two of rye flour, form into thin cakes, and cook on a buttered griddle.

FOOD VALUES AND THE COST OF *MEAT AND WHEAT* COMPARED WITH SUBSTITUTES THEREFOR

The following tables are designed to show the food value and cost of meat, poultry, fish and wheat products as compared with a similar number of staple food articles, which yield about the same amount of protein.

Protein being the principal food substance in meats, fish and poultry, I have selected a group of articles as substitutes that yields approximately the same amount of protein.

Table Showing the Number of Calories and Grams of Protein Contained in One Pound of Six Staple Flesh Foods, and Wheat Products, also the Average Cost to the Consumer

MEAT AND WHEAT	Number of Calories	Grams of Protein	Cost to the Consumer
Beef, average cut..one pound	750	90	45 cts.
Mutton, average cut " "	1400	70	40 cts.
Pork, average cut. " "	1200	90	45 cts.
Veal, average cut.. " "	1400	70	45 cts.
Poultry, average .. " "	300	80	45 cts.
Fish, average ..... " "	400	80	30 cts.
Wheat Products .. " "	1600	40	10 cts.
	7050	520	$2.60

Table Showing the Number of Calories and Grams of Protein Contained in One Pound of Seven Staple Nonflesh Foods, also the Average Cost to the Consumer

SUBSTITUTES FOR MEAT AND WHEAT	Number of Calories	Grams of Protein	Cost to the Consumer
Peanut butter.....one pound	2500	110	35 cts.
Peas, Beans and Lentils, dried... " "	1600	110	15 cts.
Corn meal ..... " "	1600	35	5 cts.
Oat meal ..... " "	1800	70	7 cts.
Dates ..... " "	1600	10	15 cts.
American Cheese.. " "	1900	110	35 cts.
Cottage Cheese.... " "	600	90	25 cts.
	11600	535	$1.37

It will be noticed that the meat and wheat group contains 520 grams of protein while the substitutes therefor contain 535 grams of protein; that the meat and wheat group contains 7050 calories while the substitutes contain 11,600 calories; that the seven pounds of meat and wheat costs the consumer $2.60, while the seven pounds of substitutes cost $1.37.

By far the largest part of wheat is consumed in the form of white bread, which does not contain more than twenty grams of protein to the pound.

This would make a difference in favor of the substitutes of an additional twenty grams of protein. In fact, meat is not a food; it is the result of food. It is the least nourishing and most expensive of all our staple food commodities. Meat contains approximately 20 per cent. protein, 10 per cent. fat and 70 per cent. water. A better quality of protein can be procured from any of the articles given in the substitute table. A better quality of fat can be procured from butter, cream, olive oil, nuts, cotton seed oil, cocoanut oil, and many other vegetable sources, and I am sure a better and cleaner quality of water can be drawn from any hydrant; therefore the logical question arises, Why pay from forty to fifty cents per pound for protein, fat and common water, when these substances can be obtained from many more wholesome and hygienic sources at perhaps one fifth of the cost?

The substitutes cost only about half as much as the meat and wheat products and yield nearly 70 per cent. more calories and 3 per cent. more protein than the meat and wheat products.

The mere food value contained in each of the groups named in the tables is by no means the true measure of their worth as food.

While flesh food contains from 16 to 23 per cent. of protein and gives a generous amount of heat and energy (calories), these values are offset by the fact that meat contains poisons that reside in all animal bodies which are known to be the indirect cause of many diseases, and just as the standard of efficiency is lowered by things we eat, the true value of those things decline.

It will be seen that both oatmeal and corn meal are richer in food value than wheat, oat meal containing 200 more calories and 30 grams of protein more per pound, while the cost is 33 per cent. less. Corn meal contains the same number of calories per pound and the cost to the consumer is only half that of wheat.

For twenty-five years I have subsisted upon a non-flesh diet and during the last twenty years I have had under my professional care, and prescribed a diet for, more than twenty-five thousand people who came to me for all kinds of disorders, and from knowledge accumulated through all of this experience, I am convinced that flesh as an article of diet is not only wholly unnecessary, but actually harmful.

GOOD AND BAD COMBINATIONS OF FOOD

All animals except man subsist upon certain well-defined classes of food according to their species, but man is an omnivora in the true sense of the word.

At some period in his history he has put into his stomach nearly everything in the physical universe: Not content with eating everything he could lay his hands on, he has changed, colored, mixed, pulverized, baked, ground, pounded, and compounded hundreds of things together until the chemist is lost in his effort to tell what many of the things he calls food, are composed of.

The result of all this, is that the average term of human life the world over is only about thirty-three years. In America and Europe, man manages to live an average of forty-three years, yet in India, China and many of the oriental countries, the average term of years is less than twenty-three.

The penalty that the human race is paying for the violation of Nature's laws is that about half of the people born into the world die before they reach their sixteenth birthday.

Reviewing the health conditions of our own coun-

try, we find that about 200,000 little children die every year, in the United States, of what is termed preventable diseases.

That about 500,000 people are sick (*hors-de-combat*) all the time.

That about 2,000,000 people die in this country every year most of whom could be saved by correct methods of living.

That there are about 50,000,000 people in America ailing all of the time.

That 80,000 people die every year of cancer, and that about half of these deaths are from cancer of the stomach, obviously a food disease.

That diseases of the stomach, kidney, heart and liver have increased 103 per cent. in the last thirty years, while all other diseases have decreased.

That Bright's disease has increased 105 per cent. within the past thirty years.

That over 1,000,000 school children in the state of New York are in some way defective.

The Life Extension Institute recently examined 1000 men in one of the great automobile plants in Detroit, Michigan (average age 32), and did not find one perfect specimen. The same examining commission returned to New York City and exam-

ined 1000 men in commercial pursuits (average age 27), and found just one.

We have all of these deplorable conditions in spite of the fact that we spend in this country about $500,000,000 every year for drugs and $750,000,000 more for the services of doctors and nurses; in other words, we spend a billion, two hundred and fifty million dollars a year for drugs and doctors to dispense them and while disease as a whole is decreasing, disorders of the digestion, assimilation and elimination (food diseases) are increasing at the rate of 100 per cent. every thirty years. Therefore I ask is the old system of combating disease a success or a failure?

Is it not time to consider a change of some kind? When it is well known that a majority of disease is caused by wrong eating, it would seem that a reform in our eating habits would be the first and most logical place to begin.

If a business man employed a manager who had been directing his business for ten or twenty years and had almost wrecked it, would he permit him to go on and put the business into bankruptcy or would he discharge this incompetent employee and either seek another one, or take charge of affairs himself?

We have tried the old system of treating disease long enough. We should at least be willing to try prophylaxis (prevention). It is only logical to search for causes, and undertake to remove these causes, thereby giving Nature an opportunity to do the curing.

It is estimated that a majority of human disease originates in the stomach and is caused by wrong eating. Some investigators claim as much as 90 per cent. of all human disease originates from these errors. If this is true or anywhere nearly true, then food reform is the most important thing before civilized man.

Whether our food will give us ease or dis-ease, depends mainly upon three things:

FIRST: The way it is selected,

SECOND: The way it is combined, and

THIRD: The way it is proportioned or balanced at meals.

In order to get natural or healthy results, our food must be selected so as to give all of the elements of nourishment the body requires. This is the first and greatest law of life. It must or should be combined so as to produce chemical harmony in the stomach and it must or should be propor-

tioned so we are not surfeited on some things, while really starving for others, not starving in the sense of hunger, but starvation expressed by dis-ease and lowered mental and physical vitality which is a condition from which millions of intelligent people suffer.

Nature does not contemplate exactness in selecting, combining and proportioning our food. She has made many wise provisions for our mistakes. If we eat too much we can make use of the surplus by work or activity; if we make bad combinations of food at meals we can often neutralize them by drinking copiously of pure water and breathing deeply of pure air; if we do not proportion our food properly Nature announces the fact through the sense of hunger for certain things on which we are deficient and distaste for things on which we are surfeited.

Every article of food we eat possesses a definite or dominating chemistry and if eaten alone will produce in the body a definite result, therefore eating can be reduced to a science very easily by classifying our foods and becoming familiar with their true purposes. Certainly the material that goes to make up the blood, bone and brain of the

human body should be studied as accurately as the material that is put into a house, a ship or a machine. The most unlearned mechanic knows that the quality of a machine depends largely upon the material out of which it is constructed, yet it seems never to have occurred to the "Profession" that the quality (health) of the human body depends upon the material out of which it is constructed.

Food, in its last analysis, is merely the raw material that builds up the human body. Health is evidence that this material is substantially correct, while dis-ease on the contrary is evidence, in 91 cases out of every hundred, that this material is either selected, combined or proportioned wrong.

Inasmuch as happiness is the primary object of every life, and happiness is impossible without health and health is very improbable without proper eating, the food question is obviously the greatest of all national problems.

Each article of food not only produces a definite result in the body, but it has a certain action upon other foods with which it is combined at the

same meal. The more one studies the food question, especially with the view of making it remove the causes of dis-ease, the more we are led toward simplicity in feeding.

Some able scientists claim that the Mono diet system, that is, eating only one thing at a meal, is the true and only way to reduce eating to a science. This may be swinging the pendulum of food reform too far in one direction, but there is no question but that the ordinary "course" dinner is also swinging it too far in the other direction.

We often hear people say that something they ate did not agree with them. This does not necessarily mean that the article partaken of was not itself good food or that it would not be agreeable if eaten with the right things. It often means that the several things taken together were inharmonious one with the other and no doubt produced a chemical result that not only rendered the meal valueless, but actually harmful.

As stated before, Nature does not contemplate perfection in man, because, having made him from the anthropoid, she knows his weaknesses and has provided for them, but the nearer we obey the laws

as above laid out, the higher we can develop both our mental and physical powers, the more immune we will be from dis-ease and the more enjoyment we will get out of life.

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